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WHAT IS CLAIMED IS:

- 1 1. A soft target tissue localization device comprising:
 2 a bioabsorbable element locatable at a soft target tissue site of a patient; and
 3 said bioabsorbable element being of a material which is palpably harder than
 4 the surrounding soft tissue at the soft target tissue site.
- 1 2. The device according to claim 1 wherein the bioabsorbable element has a hardness of at least about 1.5 times as hard as breast tissue.
- The device according to claim 1 wherein the bioabsorbable element swells about 50 to 1500 percent from a pre-delivery state to a post delivery state when placed in contact with an aqueous liquid.
- 1 4. The device according to claim 3 wherein the bioabsorbable element has a longest dimension of at least about 0.5cm when in the post-delivery state.
 - 5. The device according to claim 1 wherein the bioabsorbable element comprises a bioabsorbable filament.
 - 6. The device according to claim 1 further comprising a marker element in contact with the bioabsorbable element.
- The device according to claim 6 wherein the marker element is a radiopaque marker element.
- 1 8. The device according to claim 6 wherein the marker element is located 2 generally centrally within the bioabsorbable element.
- 1 9. The device according to claim 6 wherein the marker element is a radiopaque marker element located generally centrally within the bioabsorbable element.
- 1 10. The device according to claim the 6 wherein the marker element is a permanent marker element.

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- 1 11. The device according to claim the 6 wherein the marker element is a temporary marker element.
- 1 12. The device according to claim 1 wherein the bioabsorbable element has 2 margins, said margins being roughened so to help prevent migration of the bioabsorbable 3 element within soft tissue of a patient.
- 1 13. The device according to claim 12 wherein the bioabsorbable element has 2 filaments extending from the margins.
- 1 14. The device according to claim 13 wherein the filaments are of same material 2 as the bioabsorbable element.
 - 15. The device according to claim 1 wherein the bioabsorbable element is remotely visualizable in its post-delivery state by at least one of ultrasound, mammography and MRI.
- 1 16. The device according to claim 1 wherein the bioabsorbable element is softer in 2 a post-delivery state than in a pre-delivery state.
- 1 17. The device according to claim 1 wherein the bioabsorbable element is of a different hardness in a post-delivery state as in a pre-delivery state.
- 1 18. A medical device comprising a locatable bioabsorbable element configured for positioning at a biopsy site at the time of taking a tissue sample from the biopsy site.
- 1 19. A biopsy localization method comprising:
- taking a tissue sample from a biopsy site within a patient;
- positioning a bioabsorbable element at the biopsy site;
- 4 testing the tissue sample; and
- if the testing indicates a need to do so relocating the biopsy site by finding the
- 6 bioabsorbable element by palpation of the patient to feel the bioabsorbable element.

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- 1 20. The method according to claim 19 wherein the positioning step is carried out 2 using said bioabsorbable element and a radiopaque marker.
- 1 21. The device according to claim the 20 wherein the radiopaque marker element 2 is a permanent marker element.
- 1 22. The device according to claim the 20 wherein the radiopaque marker element 2 is a temporary marker element.
- 1 23. The method according to claim 19 wherein the remotely visualizing step is 2 carried out to by at least one of ultrasound, mammography and MRI.
 - 24. The method according to claim 19 further comprising the step of selecting the bioabsorbable element so that after positioning at the target site, the bioabsorbable element has a hardness of at lease about 1.5 times as hard as the surrounding tissue.
 - 25. The method according to claim 19 further comprising the step of effectively preventing blood from contacting the bioabsorbable element until the bioabsorbable element is positioned at the target site, the effectively preventing step being carried out by using a hemostatic bioabsorbable element having a non-hemostatic bioaegradable outer layer.
- 1 26. The method according the claim 19 further comprising the step of placing a marker element within the bioabsorbable element.
- 1 27. The method according the claim 19 further comprising the step of placing a 2 marker element at a generally central location within the bioabsorbable element.
- 1 28. A biopsy localization method comprising:
 2 taking a tissue sample from a biopsy site within a patient;
 3 positioning a bioabsorbable element at the biopsy site;
 4 testing the tissue sample; and
 5 if the testing indicates a need to do so relocating the biops
- if the testing indicates a need to do so relocating the biopsy site by finding the bioabsorbable element by locating inflammation at the biopsy site caused by the
- 7 bioabsorbable element.

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- 1 29. The method according to claim 28 wherein the positioning step is carried out using said bioabsorbable element and a radiopaque marker.
- 1 30. The device according to claim the 29 wherein the radiopaque marker element 2 is a permanent marker element.
- 1 31. The device according to claim the 29 wherein the radiopaque marker element 2 is a temporary marker element.
- The method according to claim 28 wherein the remotely visualizing step is carried out to by at least one of ultrasound, mammography and MRI.
 - 33. The method according to claim 28 further comprising the step of selecting the bioabsorbable element so that after positioning at the target site, the bioabsorbable element has a hardness of at lease about 1.5 times as hard as the surrounding tissue.
 - 34. The method according to claim 28 further comprising the step of effectively preventing blood from contacting the bioabsorbable element until the bioabsorbable element is positioned at the target site, the effectively preventing step being carried out by using a hemostatic bioabsorbable element having a non-hemostatic bioadsorbable outer layer.
- 1 35. The method according the claim 28 further comprising the step of placing a marker element within the bioabsorbable element.
- 1 36. The method according the claim 28 further comprising the step of placing a marker element at a generally central location within the bioabsorbable element.
- 1 37. A biopsy localization method comprising:
 2 taking a tissue sample from a biopsy site within a patient;
 3 positioning a bioabsorbable element at the biopsy site;
 4 testing the tissue sample; and

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- if the testing indicates a need to do so relocating the biopsy site by finding the bioabsorbable element by following a bioabsorbable thread, the thread extending from the patient's skin to the bioabsorbable element.
- 1 38. The method according to claim 37 wherein the positioning step is carried out using said bioabsorbable element and a radiopaque marker.
- 1 39. The device according to claim the 38 wherein the radiopaque marker element 2 is a permanent marker element.
- 1 40. The device according to claim the 38 wherein the radiopaque marker element 2 is a temporary marker element.
- 1 41. The method according to claim 37 wherein the remotely visualizing step is 2 carried out to by at least one of ultrasound, mammography and MRI.
 - 42. The method according to claim 37 further comprising the step of selecting the bioabsorbable element so that after positioning at the target site, the bioabsorbable element has a hardness of at lease about 1.5 times as hard as the surrounding tissue.
- 1 43. The method according to claim 37 further comprising the step of effectively
 2 preventing blood from contacting the bioabsorbable element until the bioabsorbable element
 3 is positioned at the target site, the effectively preventing step being carried out by using a
 4 hemostatic bioabsorbable element having a non-hemostatic bioaegradable outer layer.
- 1 44. The method according the claim 37 further comprising the step of placing a marker element within the bioabsorbable element.
- 1 45. The method according the claim 37 further comprising the step of placing a marker element at a generally central location within the bioabsorbable element.
- 1 46. A biopsy localization method comprising:
 2 taking a tissue sample from a biopsy site within a patient;
 3 positioning a bioabsorbable element at the biopsy site;

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4	testing the tissue sample; and
5	if the testing indicates a need to do so relocating the biopsy site by finding the
6	bioabsorbable element by remotely visualizing the bioabsorbable element.

- 1 47. The method according to claim 46 wherein the positioning step is carried out using said bioabsorbable element and a radiopaque marker.
- 1 48. The device according to claim the 47 wherein the radiopaque marker element 2 is a permanent marker element.
 - 49. The device according to claim the 47 wherein the radiopaque marker element is a temporary marker element.
 - 50. The method according to claim 46 wherein the remotely visualizing step is carried out to by at least one of ultrasound, mammography and MRI.
 - 51. The method according to claim 46 further comprising the step of selecting the bioabsorbable element so that after positioning at the target site, the bioabsorbable element has a hardness of at lease about 1.5 times as hard as the surrounding tissue.
- The method according to claim 46 further comprising the step of effectively preventing blood from contacting the bioabsorbable element until the bioabsorbable element is positioned at the target site, the effectively preventing step being carried out by using a hemostatic bioabsorbable element having a non-hemostatic bioaegradable outer layer.
- 1 53. The method according the claim 46 further comprising the step of placing a marker element within the bioabsorbable element.
- 1 54. The method according the claim 46 further comprising the step of placing a 2 marker element at a generally central location within the bioabsorbable element.